

### **KidsHealth.org**

<http://www.kidshealth.org>

The Nemours Foundation's Center for Children's Health provides current information about child development, nutrition and fitness, preventive health care, and diseases and conditions. Information is available in English and Spanish. There are sites for parents, children, and teens.

### **Teen Health**

<http://www.nlm.nih.gov/medlineplus/teenhealth.html>

This is a site from the National Library of Medicine created for teens. Using the Medline Plus format, it has links to reliable sites offering information on nutrition, emotions, body image, alcohol, drugs, sexuality, and other topics of interest to teens.

### **American Academy of Pediatrics**

<http://www.aap.org>

The American Academy of Pediatrics provides information about health topics, diseases and conditions, child development, and child safety

### **Eat Smart Play Hard**

<http://teamnnutrition.usda.gov/Resources/eatsmartmaterials.html>

The Eat Smart. Play Hard.™ Campaign was launched by USDA's Food and Nutrition Service (FNS) to encourage and teach children, parents, and caregivers to eat healthy and be physically active every day.

Eat Smart. Play Hard.™ offers resources and tools to convey and reinforce healthy eating and lifestyle behaviors that are consistent with the *Dietary Guidelines for Americans* and the *MyPyramid* Food Guidance System. Eat Smart. Play Hard.™ is about making America's children healthier. It's about practical suggestions that will help you motivate children and their caregivers to eat healthy and be active. Eat Smart. Play Hard.™ Campaign messages and materials are fun for children and informative for caregivers